

# Food with Care

## *Child and Adult Care Food Program*

Bureau of Nutrition, Health and Transportation Services & Iowa Department of Education

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## Planning Healthy Meals for Less



When the money gets tight, it is important to know what resources your center has and be creative using them. Resources include assets such as: time, money, energy, knowledge, and skills. When money is plentiful

people don't pay much attention to what they put in their grocery carts and it is easier to eat healthy. When money is tight, spending less at the store often means taking the time and effort to plan menus, review grocery ads for specials, and cook more at home. Everyone wants to save money when they shop. The best way to save money is to plan ahead. When you plan before you shop you can save money and get healthier foods. Iowa State Extension has developed a website devoted to helping families and agencies plan healthy low cost meals.

The **Spend Smart Eat Smart** website is located at:

<http://www.extension.iastate.edu/foodsavings/smartshopping>

Here are some of the website tips to use in purchasing and creating healthier low cost meals.

Before you shop:

- Think about some of the meals you will make.
- Look at what you have on hand.
- Write a list of what you need to buy.



According to the University of New Hampshire, the four rules of effective food shopping can save 15% at the grocery store:

- using grocery store ads when planning to shop
- completing a menu plan
- writing a grocery list
- using unit pricing to select the best buys

If your agency usually spends **\$500 a month** on groceries that would mean you could save **\$75 a month**. Saving that much would require that someone puts more time and skill into planning and comparing prices.

## 1. Menu Planning

### A. Plan "pyramid" menus

The easiest way to serve a healthy meal is to use the proportions suggested by the Food Guide



Pyramid. Start at the base and work your way up:

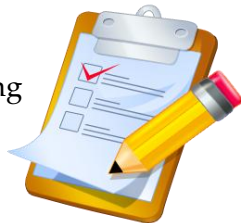
- Choose two or more grain products.
- Add one or more vegetables and fruits.
- Add a dairy product.
- Add a meat or protein source.
- If desired, add small amounts of fats, oils, or sweeteners (such as margarine, butter, salad dressing, vegetable dip, sugar) to enhance flavor.

### B. Stock up on the basics

Smart shopping puts the ingredients you need where you need them—in your cupboards, refrigerator, and freezer. Think about the foods you like to serve (or want to serve).

## 2. Make a List

One of the best ways to control spending and avoid impulse buying is to make a list of the items needed... and then stick to the list. The idea is not to buy everything that is on the list plus anything else that looks good. Having already planned your menus, the rest is easy. Some helpful hints for making a shopping list follow:



- ✓ Keep an ongoing list and jot down items as your supply gets low.
- ✓ Look over the recipes you plan to use. Be sure you have the necessary ingredients.
- ✓ Check the cupboards, the refrigerator, and the freezer for foods on hand. Are there staple items – flour, sugar, coffee, salt, rice – which should be added to the list?
- ✓ If storage space permits, stock up on sale items used regularly.
- ✓ Organize your list according to the store layout. This will save you time and reduce the temptation to buy foods not on your list.

This method is especially helpful in larger supermarkets or warehouse stores where backtracking is time consuming. The longer you are in a store the greater tendency to buy.

## 3. Unit Pricing

Sometimes foods packed in the "giant" or "family" size may seem like the best buy. You may think that buying one large container will not cost as much as two or three smaller packages. But larger containers do not always end up costing you less than smaller ones. It is important to look at the cost per unit and compare this cost. The "unit price" tells you the cost per pound, quart, or other unit of weight or volume of a food package. It is usually posted on the shelf below the food. The shelf tag shows the total price (item price) and price per unit (unit price) for the food item.



You can save money when you compare the cost of the same food in different sized containers or different brands

### Compare unit prices to find the best buy

- Unit prices tell you the cost of one unit, such as an ounce.
- Find unit price labels on the shelf edge right under the package.
- Use unit prices to compare costs of different brands of the same food.
- Unit pricing makes it easy to compare the prices of different sizes of the same brand.
- Use unit prices to compare different forms (such as fresh, canned, or frozen) of the same food.
- Choose the food that has the lowest price per unit to save money.
- Check unit price labels often because prices change.

Using these three tips will help you to save both time and money in the quest for healthier low cost meals.

## Pick a Better Snack & ACT Bingo Cards



These popular cards from the Iowa Department of Public Health encourage children to try fruits and vegetables and be physically active. The cards include three snack ideas for each fruit and vegetable along with serving size information. The card gives twelve suggestions for seasonally appropriate physical activities that can be done at the center or at home. The parent is asked to sign the card verifying that the child ate the fruit and/or vegetable *and* participated in the activity as marked off on the card, for activities completed at home. A "BINGO" is accomplished when the child completes one row of the card, vertically, horizontally, or diagonally.

An incentive item is given to the children when a card is completed indicating that he or she has explored the featured fruits and vegetables and activities of the month. Cards are available in English and Spanish.

Find out more at: [http://www.idph.state.ia.us/Pickabetersnack/bingo\\_cards.asp](http://www.idph.state.ia.us/Pickabetersnack/bingo_cards.asp)

## Contracting For Meals at Centers

Part 2 (continued from July 2008 issue)

Today is the day to prepare for the meeting with the potential vendor of meals, to talk about the possibility of purchasing meals. What do you need to have ready for the meeting?

In the last issue of *Food With Care* we worked through the process of determining what you can afford to pay for a catered meal (here is the link to refresh your memory: <http://www.iowa.gov/educate/content/view/1459/1453//>)

Bring a copy of the menu pattern for CACFP, found in the introduction to the *Food Buying Guide* (<http://teamnutrition.usda.gov/Resources/foodbuyingguide.html>). Do the menus the vendor proposes meet the requirements? Or will they require some changes? It is important that you and the vendor

have a clear understanding about who will make the menus. You should not be surprised if the vendor proposes charging more when you make the menu...after all, the vendor must be watching the cost of the raw materials and labor required very closely to be sure the costs don't exceed the sale price. A good compromise is for the vendor to propose a menu in advance and for you to approve it with minor modifications. Be sure to discuss how last minute changes will be handled, days when you are closed due to weather, special requests. Remember, though, that the CACFP Sponsor is responsible for ensuring that the meals meet program requirements!

In the discussion, decide how you and the vendor will determine the size of a "meal." Many times, for example, the portions for younger children are about half the amount that is served for elementary school children. If your potential vendor is a school, think creatively about how the school menu can work for the CACFP: hamburgers cut in half? a smaller portion of chicken nuggets? CN pizza that meets meat/meat alternate and grain/bread requirements for younger children if it is cut in half? Because portions of fruits, vegetables, and milk are much smaller than for elementary schools, consider receiving these foods in ways that will work better for you and will make family style meals easier. For example, suggest juice and milk in half gallons rather than pre-portioned 4 or 8 ounce containers. You should not be paying full price for a half size meal, but you will need to work out the details with the vendor. Remember that if you are serving an adult size portion to your staff, you should expect to pay more than for the little ones. Many agreements settle on something like this:

2 children age 4 and under = one meal  
1 child over age 4 = one meal  
1 adult = one meal

You will need to know how many children in the two age groups and how many staff will be in attendance at lunch. The price you pay should be based on the "meal" as you have determined it. Prices for breakfast "meals" should be less than prices for lunch "meals."

Discuss how the food production records will be kept and how you will get a copy in a timely way. Discuss how you will get labels, recipes, etc. Settle on a time of day when you will provide the vendor with the number of meals you expect to serve. Be sure you are in agreement about the way that you are reporting the number of meals.

Decide how and when the meals will be transported to the CACFP. Sometimes it works well to send all the milk and bread required for the day at one time, or even the day before. Cold breakfast foods and snack foods can be sent the day before. Discuss how you will handle problems like dropped containers and other emergencies.

Be clear about how the billing will be done. Will it be once a month? Once a week? How quickly do they expect to be paid?

Take along a copy of the prototype agreements, available on the CACFP part of the CNP 2000 Form Download. Notice that the agreements are different depending on whether the vendor is a school or not. Read them and become familiar with them. Share them with the potential vendor. Remember that you must submit a copy of the agreement to the State Agency with your application.

Once you have discussed these issues, it is a good place to **stop**, go back to your office and think. Check over your revenue information to be sure you have enough money to cover this cost. Make an arrangement to meet again to be sure you are in agreement.

Don't be discouraged if you decide that you just can't do it. Be honest with the vendor and let them know as soon as possible.

## Vitamin D— The Wonder Vitamin?



Vitamin D has long been known to help the body absorb calcium for strong bones and teeth. Now researchers are learning that Vitamin D is essential for every human cell. Scientists now believe that vitamin D helps prevent a host of serious health problems including cancer, heart disease,

diabetes, arthritis, and slow muscle loss in aging. It is also linked to fighting infections. This may help explain why we get sick less in the summer when we make more vitamin D.

Experts are now concluding that current recommendations are not adequate to receive these benefits. So in October 2008, the American Academy of Pediatrics doubled its recommendation for children from 200 IUs (International Units) to 400 IUs per day. Most vitamin D experts believe that current guidelines for adults (200 IUs to age 50, 400 IUs from 51 to 70, and 600 IUs for 71+) are also far too low. The current consensus is that 1,000-2,000 IUs per day is a healthier goal.

How can we meet these new recommendations? Our skin makes vitamin D when exposed to the sun. Vitamin D is also found in oily fish and some fortified foods (milk and some yogurt, cheese, juice, and cereal). Fluid milk is fortified with 100 IUs per 8-ounces; drinking three cups a day will provide 300 IUs. Serving milk often at snack is a way to help children reach recommended levels. A 3-4 oz. serving of fatty fish (such as salmon or tuna canned in oil) adds another 350 IUs or so, and a cup of ready-to-eat cereal can provide about 40 IUs.

In the summer, allow direct exposure to arms, legs, or torso for 10 to 15 minutes at least two to three times per week (fair-skinned people should use sunscreen on the face). People with darker skin need longer exposure. In winter months, the angle of the sun's rays is too low to make vitamin D anywhere above the latitude of Atlanta, so you need to get vitamin D from other sources.

A vitamin D supplement is the only realistic way to reach the new recommendations for adults, especially at higher latitudes in the winter. Vitamin D supplements are readily available, inexpensive, and well absorbed. Vitamin D can be taken with or without food, alone, or with a multivitamin/mineral supplement.



## Buying Food Locally

Recently additional information was developed that applies to procurements in Child Nutrition Programs. The Secretary of Agriculture is encouraging institutions operating Child Nutrition Programs to purchase unprocessed locally grown and locally raised agricultural products.

This means, a child care can choose to use locally grown products for the CACFP program. These products cannot be cooked, seasoned, frozen, canned, or combined with any other product. Some handling which presents the product in a usable form is acceptable. This might include washing vegetables, bagging greens, buying livestock and poultry, pasteurizing milk, and putting eggs in a carton. It is important to note that all milk served in Child Nutrition Programs must be pasteurized and meet State and local standards. Pasteurized milk is the only dairy product for which geographic preference may be applied.

While geographic preference can be used to encourage locally grown and raised products, this does not eliminate the requirement for buying to be conducted in a manner that allows for free and open competition, consistent with the CACFP program's responsibility to be responsible stewards of Federal funds.

If you have questions, please contact your area consultant.



## Infant Fruits or Vegetables with DHA

DHA is an omega-3 fatty acid known as docosahexaenoic that is found naturally in breast milk. Infant food manufacturers sometimes have added DHA to commercially prepared infant fruits or vegetables and formulas. DHA has been shown to be an important building block for a baby's central nervous system. DHA is not a harmful substance and health benefits have been supported in various studies.

Formulas made with DHA are reimbursable in the Child and Adult Care Food Program (CACFP). Refer to the reimbursable formulas on the Infant Reimbursable Foods List.

However, USDA clarified that baby fruits and vegetables containing DHA cannot be served to infants as part of a reimbursable meal in the Child and Adult Care Food Program.

DHA is combined with other ingredients when added to infant fruits or vegetables such as sunflower oil, flour, heavy cream, and other ingredients which may not be appropriate for an infant younger than 8 months of age. Introducing these foods to infants younger than 8 months of age could result in a food sensitivity or a food allergy.

Although infant fruits and vegetables with added DHA cannot contribute to the infant meal pattern, these foods may be served as additional foods to infants 8 months or older. Since these foods contain additional ingredients, additives, or extenders that could cause allergic reactions, centers or providers should check with the infant's parent or guardian before serving them.

As a reminder, foods that do not contribute to meeting the CACFP infant meal pattern requirements such as infant fruits and vegetables with added DHA, increase the food expenses for the center or home provider.

## CACFP Training Opportunities

**Steps to CACFP Success • 8/11/09 •**

**8:00 a.m.- 4:30 p.m.**



“Steps to CACFP Success” is held five times per year at ICN sites throughout the state. The workshop includes basic requirements for CACFP

participation with sessions on various topics. You may attend one or more sessions.

**Attendance at the “Steps to CACFP Success” workshop is encouraged when CACFP staff responsibilities change or when there are new staff members with CACFP responsibilities.**

ICN site locations are subject to change.

## Mark Your Calendar

**Infant Nutrition • 6/29/09 and Preschool Nutrition • 6/30/09**

To be held at DMACC in conjunction with the Iowa Department of Health, WIC Program

**CACFP Summer Short Course • 7/8/09 through 7/10/09**

To be held at the Jesse Parker Building, Grant Room (Capitol Complex in Des Moines)

- **Day 1-How to Use the Food Buying Guide**
- **Day 2-Feeding Children Well for Less** (also includes standardizing recipes and completing food production records)
- **Day 3-Food Safety and Sanitation (July 10 only)**

Registration packets were mailed in February for the April training and in March for the July training.

Registration materials and session descriptions are available online at: <http://www.iowa.gov/educate/> (click on Nutrition Programs-left of screen, then Nutrition Training Events-right of screen). Please register using the registration form by mail, fax, or e-mail.

## Julia's Tidbits

The USDA Child Nutrition Programs, including CACFP are scheduled for reauthorization in Federal Fiscal Year 2010. In preparation for reauthorization during this past year USDA has requested written input and conducted several listening sessions in various parts of the country to hear public comment. USDA looks at these comments from a variety of perspectives such as, number of similar comments; implications of the change – from a cost perspective, integrity perspective, impact on program participants; is this something that could be done within current law, just needs a change in guidance or policy; if the suggested change has merit and would require a change in law what are the cost implications, etc. Often in the legislative process there needs to be trade-offs, i.e. can savings be found in one area to pay for a change that will cost more? Although the formal reauthorization comment period direct to USDA has passed, there will be opportunities to provide input direct to the Iowa Congressional Delegation. As the federal reauthorization legislation begins to be introduced, make the effort to read the various bills being introduced and take time to express your opinion. In making comment it is always prudent to say what you like and support as well as to express your concerns. In expressing concerns, don't just say I don't like this language, but explain the negative implications as you see them and what you would propose that might help in reaching a similar objective, but with less negative implications.

Recent newspaper articles have outlined the Federal Fiscal Year 2010 proposed budget submitted by the President to Congress. The budget is a long way from final, however it is encouraging to note that the proposal includes an additional \$1 billion related to the Child Nutrition Reauthorization.

The American Recovery and Reinvestment Act that passed earlier this spring included funding to support a variety of initiatives. The funding appropriated and being distributed through the USDA Child Nutrition Programs is directed by law to support equipment replacement for schools participating in the National School Lunch Program. Although the State Agency is well aware there are similar needs in CACFP, the Agency did not have the latitude to provide any funding to CACFP.



## Form Download: PDF vs. ZIP

In the CNP2000 program there is an option on the application menu called "Form Download." This section will have forms/documents that are needed in order to run your program efficiently.

When you click on the option "Form Download" it will bring you to a new screen (Example A). There are five columns: Form ID, Description, Download, File Size, and Last Updated. In order for you to access the form, you will need to click an option on the "Download" column. The choices are PDF or ZIP.

Example A

CACF Form Download Menu				
Form ID	Description	Download	File Size	Last Updated
CACFP 001	CACFP 47 Center Institution Permanent Agreement	PDF ZIP	62kb	10/30/2008
CACFP 002	CACFP CNP-121 Non-school FS Contract	PDF ZIP	991kb	9/15/2008
CACFP 003	CACFP CNP-120 School FS Agreement	PDF ZIP	944kb	7/7/2008
CACFP 004	CACFP Abbreviated Appeal Procedures	PDF ZIP	24 kb	10/2/2007
CACFP 005	Building for the Future Brochure	PDF ZIP	179kb	10/2/2007
CACFP 006	CACFP Appeal Procedures	PDF ZIP	18kb	10/2/2007
CACFP 007	08-09 CACFP Income Eligibility Guidelines	PDF ZIP	28 kb	7/8/2008
CACFP 008	08-09 CACFP Center Nonpricing Parent Letter, Iowa Eligibility Application and Instructions	PDF ZIP	135kb	7/8/2008
CACFP 009	08-09 CACFP Center Pricing Parent Letter, Iowa Eligibility Application and Instructions	PDF ZIP	149kb	7/8/2008
CACFP 010	CACFP Civil Rights Complaint Procedures and Form	PDF ZIP	36kb	7/8/2008
CACFP 011	08-09 CACFP Adult DayCare Letter and Income Application	PDF ZIP	57kb	7/8/2008
CACFP 012	Child Care Enrollment Form	PDF ZIP	70kb	7/8/2007
CACFP 013	Media Release for Nonpricing Centers	PDF ZIP	22 kb	7/8/2008
CACFP 014	Media Release for Pricing Centers	PDF ZIP	27kb	7/8/2008
CACFP 015	Request to Change Authorized Signers	PDF ZIP	20kb	10/2/2007
CACFP 016	WIC Outreach Materials	PDF ZIP	45kb	1/15/2009
CACFP 017	2008-2009 Child Care Centers Calendar	PDF ZIP	47kb	7/8/2008

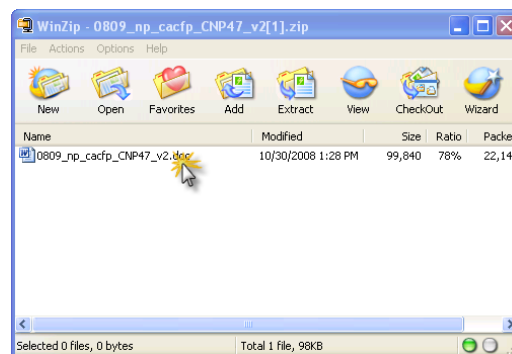
Example A

What is PDF? The definition for PDF file is a Portable Document Format. This type of file makes it possible to send documents and have them look like they were intended. To access a form in PDF format from CNP2000 click once on the "PDF" in Download column.

If you are unable to access PDF format you will need Adobe Reader, a free application by Adobe systems. If you DO NOT have an Adobe Reader, contact your Information Technology department/person and asked to have it installed or go to the following hyperlink, following instructions to install on your computer: <http://get.adobe.com/reader/>.

What is a ZIP file? It's an application that can take several files and compress those files into one file/folder. (Example B)

To access a form in ZIP format, click once on the "ZIP" in Download column. Once you access the form through ZIP you will have another window pop up (Example B). Within this ZIP window it will list the document(s) you are trying to access. Using your cursor, double-click on the document you require. If you are unable to open a Zip file you will need to contact your Information Technology department/person and ask to have an application installed that will extract file(s) from zip data compression format.



Example B

Please send us questions you have about using our website(s) and we will attempt to answer them via email, newsletter, or both. Please send your questions to [Ellen.miller@iowa.gov](mailto:Ellen.miller@iowa.gov)

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**USDA is an equal opportunity employer."**

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## Need Help with Child Care Nutrition Education Messages or Lessons?

**Web Seminars for Your Staff** – The National Food Service Management Institute (NFSMI) is offering a series of web seminars to help child care providers develop nutrition education lessons. Go to [www.nfsmi.org](http://www.nfsmi.org) to view the web seminars after the live broadcasts. New ones are “Playing, Learning, and Growing: Fun Food Activities That Reinforce Health Messages”; “Using Children’s Storybooks as a Basis for Nutrition Education”; and “Creating an Active, Healthy Environment.”

**Core Nutrition Messages for Mothers of Preschoolers** – *These are the 7 core Food and Nutrition Services messages for mothers of preschoolers:*

### *Role Modeling Messages\**

1. They learn from watching you. Eat fruits and veggies and your kids will too.
2. They take their lead from you. Eat fruits and veggies and your kids will too.

### *Cooking and Eating Together Messages\**

1. Cook together. Eat together. Talk together. Make mealtime a family time.
2. Make meals and memories together. It’s a lesson they’ll use for life.

### *Division of Feeding Responsibility Messages*

1. Let them learn by serving themselves.  
Let your kids serve themselves at dinner. Teach them to take small amounts at first. Tell them they can get more if they’re still hungry.
2. Sometimes new foods take time.  
Kids don’t always take to new foods right away. Offer new fruits and veggies many times. Give them a taste at first and be patient with them.
3. Patience works better than pressure.  
Offer your children new foods. Then, let them choose how much to eat. Kids are more likely to enjoy a food when eating it is their own choice. It also helps them learn to be independent.

Great ideas to put the messages into practice, recipes, etc. at <http://www.fns.usda.gov/fns/core/nutritionmessages/Messages.htm>



### *Healthy Minutes*

Iowa Public Television’s Healthy Minutes offers kids’ videos, book recommendations, activity cards and calendars, and resources geared towards eating well and being physically active. Healthy

Minutes video messages promote healthy lifestyles and positive choices for young Iowans. Healthy Minutes encourages positive health choices, good nutritional practices, personal safety, good decision making, and many other important skills that promote health and wellness lessons that will stick with children as they become adults.

Resources that support the messages of the Healthy Minutes videos are grouped by general topics and provided in downloadable PDF format. Check it out at: <http://www.iptv.org/kids/healthyminutes/exerciseeveryday.cfm>

### *Pick a Better Snack & ACT*

Looking for quick, easy recipes along with fun facts about fruits and vegetables to use in schools or community events? The Iowa Department of Public Health provides The Color Way newsletter articles that are organized by the five major colors found in fruits and vegetables. Each article contains a recipe and emphasizes the health benefits of the color groups. Recipes in Spanish are also available.

Find out more at: <http://www.idph.state.ia.us/Pickabettersnack/recipes.asp>

